



Meditation to Arouse Mercy and Compassion

January 31, 1977



POSTURE:

Sit in a comfortable meditative posture with a straight spine.

EYES:

Closed.

MUDRA:

Bring the hands palm up in front of the chest. Press the Saturn (middle), Sun (ring) and Mercury (pinkie) fingers back to back. The three fingers are pointing up. The index fingers are pointing away from the body and are crossed. Extend the thumbs away from the hands to each side. Hold the mudra in front of the Heart Center.

SEGMENTED BREATH:

Begin by inhaling in 4 equal parts. Suspend the breath for the same amount of time as the segmented inhale. Exhale in 4 equal parts. Suspend the breath out of the lungs for the same amount of time. Slowly build up from 4 equal parts on the inhale and the exhale to 8, 12 and finally 16 equal parts.

MANTRA:

Panj Shabad: Saa Taa Naa Maa. As the breath is inhaled in 4 parts, mentally vibrate the mantra. Use the mantra for each part of the breath: inhalation, suspension, exhalation, suspension. Vibrate the mantra the same number of times on the exhale as it is vibrated on the inhale. Finally, vibrate the same mantra as many times as it is vibrated on the exhale while the breath is held out of the lungs.

TIME:

As long as is comfortable.